Hawaii Marine C Section March 12, 2004

MALS-24 upsets CPRW-2



Randall Berry, number 11 with the MALS-24 Warriors, takes a leaning jump shot over his CPRW-2 defender Monday night during intramural basketball action at the Semper Fit Center.

Sgt. J. Edwards Future Ops and Plans Chief

Marine Aviation The Logistics Squadron Warriors , with a win-loss record of 3-3, defeated Commander Patrol Reconnaissance Wing 2 (with the same record), 50-48, thanks to the last-second, clutch effort of its team at the Semper Fit Center Monday night during intramural basketball action.

For the majority of the first half, scores stayed fairly even, as each squad exercised teamwork, keeping the contest close.

As the half wound down, the Warriors had a hard time hitting those much-needed shots from in and out of the paint, enabling CPRW-2 to take the lead by one and bringing the score to 18-17.

With 50 seconds left on the clock, CPRW-2's Jay Reynald and Andre Collins released an onslaught of buckets, taking the lead to 25-21 at the half.

The buzzer sounded and the second half began with a bang. Warrior Don Lee took advantage of a fast break and put two more points on the board. But CPRW-2's Keith Morgan answered right back by shaking up the defense with fancy footwork, all the way to the bucket, for a twopoint score.

The fast-paced scoring at the beginning of the half set the pace for an exhilarating closing chapter. Scores volleyed back and forth for the first eight minutes of the half. At the 10-minute mark, howdespite

attempts, CPRW-2 couldn't sink a bucket to stay in the

Warriors point guard Logon Carraway seized the opportunity and rallied his team to pull ahead with a series of unanswered scores, 36-26.

This great break for the Warriors would be shortlived. Late in the half, they found themselves giving up excessive foul shots to CPRW-2. Yet, the Warriors refueled for a comeback, and with less than two minutes left in the game, the score was close, 44-42, Warriors leading.

Pedro Ramos of CPRW-2 mounted an impressive attack on the Warriors, bringing the score to 46-45 for his team, with only 52 seconds left on the clock.

Still, Carraway and his Warriors took advantage of a few key slips by CPRW-2. The Warriors regained the lead, 50-48, with a mere three seconds left on the clock.

Ramos tossed the ball down court for a last-minute ditch effort, but CPRW-2's final attempt proved fruitless. His three-point shot fell short, ending the contest at 50-48, Warriors.

"It was a tough fight, but we managed to stay up for most of the game," said the Warriors' Carraway. "The game went back and forth for the last few minutes because we started missing our shots and turning the ball over.

"But thanks to the clutch efforts by the team, we were able to hold on to the lead. This was definitely one of the numerous best games we've played."

3/3 strikes out VP-4

Lance Cpl. Rich Mattingly Sports Editor

After left fielder Carl Dorris knocked a single into right off the first pitch from the Skinny Dragons of Patrol Squadron 4, 3rd Battalion, 3rd Marine Regiment, double-timed around the bases, winning, 9-1, Monday night at Reiseley Field.

Dorris's subsequent steal of home on a throwing error put 3rd Marines in a lead it would not relinquish. But it wasn't only the outstanding defensive and pitching performances of the 3rd Marines that sealed its victory; it was also the Skinny Dragons' poor ball-handling and fielding that put the squadron down for the count.

Things looked like they might steady for the Dragons, until the 3rd Marines buried them in the third inning under a blizzard of small-ball hits and savvy base running.

The inning's biggest blasts came from players Matthew Catron and "Truck," who belted doubles and triples, respectively. When the dust had settled and the last batter had popped out, 3/3 was up, 4-0.

The fourth inning looked a lot like the third, with 3/3 pitcher Mike Garrett fanning batters. 3rd Marines mercilessly abused VP-4's pitcher, James Brassfield.

After he loaded the bases, Brassfield surrendered more hits to bring the score to 8-0 by the end of the fourth.

Bill Baurele, catcher for VP-4, had the

Dragon's only score in the fifth.

"We had a defensive breakdown," said VP-4 coach and catcher Ben Harris when asked about his team's implosion.

Garrett, said that he was happy with the way his 3/3team played.

"I got a lot of verbal support out there. The guys really keep the chatter up, and that helps keep you going."

Marine's Sportsmanship nets Athlete of the Year

Lance Cpl. Megan L. Stiner Combat Correspondent

Growing up on a farm in Mississippi, one small town native spent a majority of her free time playing softball. Since she was 7-years-old, she actively participated in the sport.

Whether she was with a high school intramural team or on the Marine Aviation Logistics Squadron 24 Warriors intramural team, her passion remained serving as a pitcher.

On June 11, 2000, Valerie R. Trim, information systems technician MALS-24, stepped on the golden footsteps at Parris Island in the hopes that the Marine Corps would ultimately help her pay for col-

lege. Two years later, not only was the lance corporal enrolled in classes at the University of Phoenix, but she also had established herself as a dominant athletic figure aboard MCB Hawaii, Kaneohe Bay.

In 2003, she was recognized as the Female Athlete of the Year for K-Bay in response to her sports history, her dedication on the MALS-24 team and her many volunteer hours served in the

Trim began playing on the MALS-24

softball team in June of 2003 as the catcher and back-up pitcher. She also was invited to, and participated in, the All-Services Tournament at Hickam Air Force Base.

"I had never been invited to play on any tournament team, so it was a great honor," said Trim.

> The-All-Services Tournament is a friendly competition, sort of like a play-off, where teams from each branch of service play against one another in an effort to see which branch has the best team that year. This past year, the Marine Corps team came in third place.

> Volunteering also takes up a large part of Trim's free time. She has put countless hours

Kainalu Elementary School, in Kailua, as well as into Special Olympics and the Big Brother/Big Sister Program of

Despite her community service work and sports participation, being named the Female Athlete of the Year still

Kalnsay, telling me that I had been chosen to receive the award," explained



TRIM



James "OB" O'Brian, right fielder for the 3/3 baseball team, lays down a sacrifice bunt in the third, advancing runners.

came as a big surprise to Trim. "I got a phone call from Steve

See ATHLETE, C-6

BASE SPORTS:

Edward Hanlon V MCCS Public Relations

March 12 / Today

Youth Activities Coaches — Do you enjoy helping youth within the MCB Hawaii community? If you do, Youth Activities is looking for men or women interested in coaching youth T-ball or volleyball.

Call YA at 254-7610 for more information.

14 / Sunday

Gone Fishin' — Join Mahalo Kai Fish & Dive Charters for a day beyond the bay.

Deep-sea fishing adventures are just a cast away with numerous packages to accommodate your fishing objective. You can spend your day with family and friends off the coast of windward Oahu, catching some of the ocean's most exotic and tasty fish.

the crystal clear waters surrounding Kaneohe Bay. Call 254-7667 for more information.

Adventure Training

Designed to promote unit cohesiveness and enhance confidence in the water, Adventure Training is a fun alternative to regular unit work-

Learn different water sports and get in some quality PT at the same time.

Classes offered in scuba, kayaking, power boating and water skiing, and

Adventure Training is offered at no charge to all MCB Hawaii

Training NCOs and staff NCOs should call the base marina at 254-7667 for more details.

Kenpo Karate — Every Tuesday and Thursday, join MCCS Youth Activities' newest contractor for Okinawa Kenpo Karate Kobudo classes, held from 6 to 7:30 p.m. in Bldg. Dive charters are available in 1391, located behind the 7-day

> Call YA for more information about Kenpo at 254-7610.

15 / Monday

Inexpensive, **Fun Entertainment** Look no further for economical entertainment! Mondays through Thursdays, all E-5 and below receive

free rental shoes and discounted games at only \$1.50 a game.

The discount is good for open play, and does not qualify for tournaments, leagues or unit functions.

Call K-Bay Lanes now to get the spin at 254-7693.

Parents for Fitness — This cooperative baby-sitting effort is available at the Semper Fit Center, and is open for children ages 6 weeks and older. All active duty service members and their families may participate; however, PFFP participants are required to volunteer baby-sit three times per month.

Call 235-6585 for more information.

Intramural Basketball — If you're not rocking the court, stop by the Semper Fit Center

on Mondays, Tuesdays and Wednesdays to cheer on your unit's team. Games begin at 6, 7 and 8 p.m.

For sign-up information, call MCCS Intramural Sports at 254-

Intramural Baseball — Take a swing by Reiseley Field on Mondays, Tuesdays, Wednesdays or Fridays at 6:30 p.m. to root for your team.

16 / Tuesday

Mixed Bowling League Every Tuesday, K-Bay Lanes is hosting Friends of K-Bay Mixed Bowling League, which is

open to all authorized patrons and their guests and begins at 6

Call 254-7664 for more information about rolling the lanes with the mixed bowling league.

Golf Clinic — Every Tuesday in March from 5 to 6 p.m., The Single Marine & Sailor Program is hosting golf clinics for \$40 per person. Learn everything from swing fundamentals to etiquette, and practice up for the Shank & Slice Tournament scheduled for March 24.

Call 254-7593 for details.

17 / Wednesday

Color Pin Special — Every Wednesday, roll a strike when a colored pin is in the head-pin position, and win free games of bowling. If you make the play, you win!

18 / Thursday

Weight Management — Semper Fit has added the Lifestyles & Weight Management Program, designed to help you reach a healthy weight through lifestyle changes, to its list of fitness classes.

Call now to make an appointment at 254-7597.

Intramural Basketball Standings

	Wins	Losses
1/12	4	0
MAG 24 Bulldogs	7	1
3rd Marines Dirty Third	5	2
ETD Monsters	4	3
HMH-363 Red Lions	4	4 *
MALS-24 Supply	4	4 *
MCAF	4	4
CPRW-2	3	4 *
MALS-24 Warriors	3	4
VP-4 Skinny Dragons	3	4
HQBN Second2none	2	5
VP-4 Topside Dragons	2	6 *
SNCO Academy	0	8

(Intramural Basketball standings are current as of March 6.

*Records changed because of forfeit.)

Base All Star

NAME: Mike Garrett

SPORT: Baseball

TEAM: 3/3 baseball team

- Garret, 23, a rifleman with 3rd Battalion, 3rd Marine Regiment, has been pitching for 16 years.
- He had 12 strikeouts against Patrol Squadron 4 Monday night at Reiseley Field.
- Garret played college ball in Toledo, Ōhio, where he attended Owens College on a baseball scholarship.

"My team keeps me going when I'm out on the mound. Our shortstop always kisses the ball for luck, and that helps."

Intramural Baseball Standings

	Wins	Losses	Ties
MAG-24	6	1	
VP-4	4	2	2
1/12	2	1	1
HQBN	2	3	1
VP-9	2	4	
3/3	2	4	

(Intramural Baseball standings are current as of March 6.)

COMMUNITY SPORTS

Women's Basic Sailing Class Offered

Registration for the next "Wet Hens" Women's Basic Sailing Course will go from 8 to 8:30 a.m. on Thursday at Hickam Harbor. Class size is limited, so come early to ensure a spot.

The 10-week course will be held on Thursdays from 9 a.m. to noon; however, sessions will break during the public school Spring Break week. Cost is \$80, and the program is open to women affiliated with the military, either active duty, retired or family members.

The first session will include a swim test and capsize recovery; therefore, be sure to dress accordingly with swimsuit and sneakers.

For more information, call Skipper Amy Cawvey at 421-1008, or 1st Mate Katie Lee at 499-3403.

Sea Scouting Opens to New Members

Teens ages 14 - 18 who are interested in learning to sail or operate a boat, powerboat or other outdoor adventures, such as scuba diving, can do all this and more as members of the Sea Scouting program.

Sea Scout Ship 64, sponsored by the USS Missouri Memorial Association at Ford Island, is inviting all interested boys and girls to join the group, which meets aboard the Battleship Missouri

(BB-63) at Pearl Harbor and at Keehi from 5:45 to 10:15 p.m. and Saturday Marina.

For more information about Sea Scouting, or for an invitation to a meeting, call Win Davis at 261-3967.

Hikers Invited to Kaluanui Ridge Trek

Ever been to the Koolau summit with the Hawaii Trail and Mountain Club? Saturday is your chance, to join the HTMC on its shortest, easiest route, a mere three-mile excursion to the Koolau

For more details, contact Laura Owens at 595-9023.

A \$2 donation is requested from each nonmember, ages 18 and over, and a responsible adult must accompany children under 18.

State Offers Free Recreation

The Hawaii Department of Land & Natural Resources is offering education classes for the public. Subjects covered include firearms and archery safety, survival and first aid, wildlife identification and conservation, regulations, game care and outdoor responsibility.

Attendance at two sessions is required for certification, and classes are open to anyone 10 years or older who enjoys the outdoors.

The next two-day session is today

from 7:45 a.m. to 4 p.m. (also March 19-20) at the Nimitz Business Center, Room A-212A. (The classroom is the first room on the right.) A picture ID is required for entry to the sessions.

For more information about outdoor education, or to sign up for the next available course, call 587-0200.

Hawaii to Host Martial Arts Contests

"Rumble on the Rock," full-contact fighting events that showcase the skills of various martial arts forms throughout the world, will showcase on various dates on the islands of Oahu and Hawaii.

The contests aim to provide positive role models and guidance for today's youth. They will consist of a minimum of six events, using jiu-jitsu, boxing, karate, kickboxing, wrestling, pankration, tae kwon do, free-style fighting, judo and other forms of martial arts.

Mark your calendar for the following dates:

- •Saturday at the Stan Sheriff Center,
- May 7 at the Neal Blaisdell Center, Aug. 21 at the Stan Sheriff Center,
- •Oct. 16 at the Afook-Chinen Civic Auditorium in Hilo, and

• Dec. 11 at the Neal Blaisdell Center. For sponsorship opportunities, or to

learn more about martial arts call 640-4746.

Bellows Offers Adventure Programs

Whether you are spending a few weeks or just visiting for the day, check out Bellows Outdoor Adventures programs. For more information, call Turtle Cove at 259-4121, anytime between 8 a.m. and 8 p.m.

Coaches Needed in Kailua

Kailua Intermediate School is looking for motivated individuals to coach the track team during the upcoming spring season. This is an opportunity to provide a positive experience in the lives of seventh and eighth-grade youth looking to build pride in their school and participate as a member of a team.

The season is tentatively scheduled to begin this month. Contact Mrs. Wanda Machado at 263-1500, ext. 306, for more information or to volunteer.

Hawaii Marine Accepts Sports and **Recreation Briefs.**

Advertise sports and recreational activities of general interest to the DoD community in the Hawaii Marine.

E-mail items to editor@hawaii marine.com, or call the Hawaii Marine staff at 257-8836.

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THE BOTTOM LINE

(Editor's Note: "The Bottom Line" is the Hawaii Marine's weekly sports commentary from two sports aficionados who rarely see eye-to-eye when it comes to America's one true obsession – sports. Chances are you'll either agree with one of their takes or disagree with both.

Our two resident sports junkies welcome your e-mails. We will print the top comments of the week from our readers. Contact Sgt. Lindsay at lindsayjb@mcbh.usmc.mil and Capt. Robbins at robbinskd@mcbh.usmc.mil. Remember, "If you don't speak up, you won't be heard!")

Can Colorado football recruiting be saved?

<u>Capt. Kent Robbins</u> The Professor

Hey Goat, why not come with me this weekend? Where to, you say?

We are going on a recruiting trip to Boulder. Not interested, huh. Well, here's what we can do:

We can invite our parents, and we can all take the tribe cross-country. Think about it; it will be just like the Griswolds in "National Lampoon's Vacation."

It will be perfect. The University of Colorado guarantees that we will be in bed by 11 p.m., as a coach will log us into the curfew roster.

We won't meet any CU players who will tell us what life is really like at CU.

Instead, we will have some 4.0 GPA dork, in a CU sweatshirt, who will show us all we need to know about the chemistry lab, the library

and any place but the football field.

We can only stay one night. So, let's travel all that way to Colorado to sleep through our visit as jet lag kicks our butts.

Forget the fact that a 17 or 18-year-old visiting a strip club is illegal. It is simply silly. What does that have to do with football?

If the coach approves it, we might be able to go to the campus bookstore to buy a T-shirt or a bumper sticker.

Is this the same coach that sat idly by while the so-called "fun" strip club parties went on? What does that have to do with football?

Finally, en route out the door from this amazing visit, we will have some pencil pushing, Board of Trustees university official, who couldn't get a job in the real world, interview us and tell us if we have

See PROFESSOR, C-6



Sgt. Joe Lindsay
The Goat

The Goat never wanted to be a

Buffalo. And soon, neither will the

top college football recruits in the nation.

The University of Colorado recently announced that it was stripping the right of recruits to commit, as Jimmy Carter once said, "adultery in their hearts." That's

"adultery in their hearts." That's right; CU has officially banned recruits from attending nudie bars, burlesque shows, private parties (with or without dancers) and screenings of "Girls Gone Wild" videos.

Truth is, CU really didn't have a choice, given the fact that its program has been skylined for allegations of tempting 17 and 18-year-old recruits with booze and women.

And, as CU is finding out, life on the skyline is not fun.

No matter that every other college football program in the nation does — and has done the same thing since time immemorial. The only difference is that the media has gotten a hold of the story as its hot topic of the week.

The immediate result:

•CU football recruits now have to be in bed by 11 p.m. vice 1 a.m.

•CU campus visits are now limited to one day, instead of two.

• All CU activities must be planned, approved and supervised by a coach.

• Recruits can now visit CU only during the offseason.

• Recruits must be monitored at all times by parents or coaches.

•Current players cannot serve as hosts to recruits.

• And finally, any recruit breaking any of these rules will be denied

See GOAT, C-6



'If either of you
ever get famous or
run for political
office, some of these
articles could come
back to haunt you'

Dear Sirs,

I just wanted to say that, while I really enjoy your "Bottom Line" columns, I couldn't just sit back and let last week's issue slide by without making some comments

For the Professor to blame the fans on baseball's steroid scandal seemed to me to be reaching and a little ridiculous. The Goat makes a better point, but he is so over the top that he is like a fringe radical on the edge of society. If either of you ever get famous or run for political office, some of these articles could come back to haunt you. Baseball has got to do something about steroids. The players have to be held accountable.

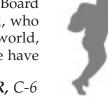
The real blame lies with the individual players themselves for what basically amounts to cheating.

Major League Baseball needs to do what the Olympics does. Ban players who use drugs.

If guilty, Barry Bonds and the others should be held in the same esteem as disgraced Olympian Ben Johnson.

Everybody seems to think it is wrong in the Olympics to use steroids, but not in baseball. This logic doesn't sit right, and neither does the logic of the Professor and Goat.

—Read Fenner Escondido, California



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spotlight on health

Sinusitis may begin with a cold

NAPS Featurettes

That sniffle may be more than a common cold. If you suffer from a stuffy nose, nasal drainage or facial pressure, you could be one of the millions of Americans suffering from sinusitis, a bacterial condition that usually begins with the common

To help physicians diagnose and treat bacterial sinusitis in adults and children, the Sinus and Allergy Health Partnership (SAHP) issued guidelines based on new available treatments, as well as evolving trends seen in antibiotic resistance.

For patient Miki Ferretti, this is good news.

"I have suffered from sinus infections on and off for the last eight years," she recalled. "When I have

an infection, I want to take the best days. medication possible that will completely destroy whatever is causing it; I don't want it to come back."

There are approximately 20 million cases of sinusitis reported each year in the United States. Sinusitis is the fifth most common diagnosis for which an antibiotic is prescribed, and costs the U.S. economy nearly \$3.5 billion dollars annually.

An accurate diagnosis of bacterial sinusitis is crucial in treating the disease and preventing recurrent infections. However, uncovering the difference between viral and bacterial sinusitis can be challenging because the symptoms are similar.

According to SAHP guidelines, a diagnosis of bacterial sinusitis may be made when an upper respiratory infection does not improve after 10 days or worsens after five to seven

When bacterial sinusitis is diagnosed by a physician, the selection of an appropriate antibiotic is essential in the fight against antibiotic resistance. Antibiotic resistance occurs when a prescribed antibiotic does not completely kill all of the bacteria that are causing the infection. The bacteria that survive become resistant to the antibiotic, making it less effective when used again.

The widespread use of antibiotics to treat common viral illnesses is one of the primary causes of antibiotic resistance. To aid physicians in selecting an antibiotic, the guidelines classify the most commonly used antibiotics into categories of expected success or efficacy against the bacteria that are responsible for most

See SINUS, C-5



Lance Cpl. Megan L. Stine

Corporal Paul J. Baughman, radio operator with 3rd Battalion, 3rd Marine Regiment, demonstrates where he believes his sinus pain is coming from.

SINUS, From C-4

sinus infections.

"These recommendations should help physicians choose those antibiotics that can best treat their patients. Appropriate and responsible antibiotic use can minimize the occurrence of antibiotic resistance and the likelihood of the sinus infection coming back," explained Dr. Jack Anon, ear, nose and throat

guidelines.

Treatments are recommended according to disease and symptom severity as well as recent antibiotic use. The guidelines identify two categories of severity for sinusitis, mild and moderate, and divide patients according to whether or not they were prescribed an antibiotic in the past.

The Sinus and Allergy Health visit www.sahp.org.

specialist and lead author of the Partnership is a not-for-profit organization created through the joint efforts of the American Academy of Otolaryngic Allergy, the American Academy of Otolaryngology (Head and Neck Surgery) and the American Rhinologic Society.

For more information about sinusitis, and what you can do to stop the pain, see your doctor or



"You have to stay in shape. My grandmother, she started walking five miles a day when she was 60. She's 97 today and we don't know where the hell she is."

— Ellen DeGeneres

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Youth cheerleaders show spirit



K-Bay's cheerleaders get the crowd going with a spirited pom-pom routine at the Semper Fit

Lance Cpl. Megan L. Stiner Combat Correspondent

A command is belted out and at once the squad is in formation. Another command and they are instantly in sync with claps and cheers enthusiastically encouraging the basketball players on the court.

Since the beginning of January, the girls have stayed busy with four hours of practice every week. They also practice many weekends.

The 10 girls coached by Kelly Montoya range in age from 7 to 11 years old.

"They get along great," said Montoya. "A lot of the girls have cheered with each other before, so they work really well together."

In addition to their basket-

ball cheers, the squad has been practicing a cheer and dance routine for a competition in April. They will be performing against other local military youth cheerleading squads.

Montoya explained that cheerleading is a great way for children of military parents to meet other girls their own age and be in a positive and active environment.

Anyone who has a child that is interested in cheerleading should contact Youth Activities. Tryouts are held each year, said Montoya, but everyone makes the team.

"It is a great, inexpensive way to get children into something they can enjoy," said Montoya. "We have an awesome time supporting the teams throughout the year. The girls really love cheering."

ATHLETE, From C-1

According to Kalnsay, varsity sports coordinator for MCB Hawaii, Kaneohe Bay, it was not just Trim's ath-

leticism that made her stand out as a good candidate.

"Her determination and willingness to help others is Trim. "I didn't expect it at all; I was just in complete what caught my attention," said Kalnsay. "She always tried to motivate her fellow teammates, and kept a positive attitude in all situations. She was the best candidate for the award."

GOAT, From C-3

admission to the university.

The practical result: CU has consecutive losing seasons of 5-6, 3-8 and 1-10, loses millions of dollars, and realizes it needs to go out and get some players.

Bottom Line: Anybody who is shocked that a college football program would hire strippers and use sex appeal in an effort to show recruits a good time — in an effort to get recruits to sign with their school, in an effort to win enough games to get to a bowl bid, in an effort to make tens of millions of dollars — is either brain dead or NCAA president Myles

Brand was just quoted as saying that college sports "is not a business; it's an education." Last time the Goat looked, Brand was making almost \$800,000 a year and the NCAA, with only 357 employees, pulled in \$433 million dollars while maintaining their tax-exempt, "nonprofit" standing. They must have all majored in business.

In the old days it was just about winning. Today, it is still about winning. There's just a lot more money at stake, and a lot less clothes. | ball?

PROFESSOR, From C-3

passed the behavioral screening that it takes to be a football player at the University of Colorado. What does that have to do with football?

Doesn't this sound like fun? No. It sure doesn't. I hardly think that any remotely talented football recruit will disagree.

Bottom Line: Gary Barnett is the coach. He is the one who allowed his team to behave the way they did. Coach Barnett should be fired. If not fired for the recruiting misbehaviors that went on under his watch, he should be fired for being

To make any comment, other than utter disgust for the behavior of his players, not to mention his ridiculously stupid comments about CU's former female field goal kicker is inexcusable. CU football is done, and it should be.

I know I don't have the rocket arm to lead the Buffs to a Big 12 title against the likes of the Sooners, Longhorns and Cornhuskers, and I am certain the Goat doesn't have the jets to get open against my 4-year-old daughter, let alone a Division secondary. 1

However, I like our chances to at least get a recruiting invite to Boulder.

What do we know about foot-

an idiot.